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RULES FOR FIRE FIGHTING (Adopted August 17, 1978 by the Board of Occupational Safety and Health)

GENERAL REQUIREMENTS (Effective November 15, 1978)

- F 1. All fire departments shall have a training program which shall meet their needs and comply with the following:
- a. Employees are required to attend training sessions in accordance with Title 30, MRSA 3774.
 - 1. Training shall include the use of protective equipment required by these rules.
 - b. The employer shall instruct each employee in the recognition and avoidance of unsafe conditions and the regulations applicable to his work environment to control or eliminate any hazards or other exposure to illness or injury.
 - c. Employees required to handle or use poisons, caustics, and other harmful substances shall be instructed regarding the safe handling and use, and be made aware of the potential hazards, personal hygiene, and personal protective measures required.

GASOLINE CONTAINERS (Effective November 15, 1978)

- F 2. All portable refueling gasoline cans purchased after the adoption of these rules shall be of the approved safety type.

HOSE TOWERS (Effective November 15, 1978)

- F 3. Hose tower ladders exceeding 20 feet in height are exempt from the requirements of landing platforms, cage, or safety device specified under 1910.27(d)(2) - (d)(1)(ii) - (d)(5).
- F 4. Hose tower ladders shall have at least 7" space between center line of rung and permanent object in back of ladder.

PROTECTIVE EQUIPMENT (Effective November 15, 1980)

- F 5. The employer shall provide all protective respiratory apparatus, fire protective clothing, helmets, boots, and hand protection for fire fighting personnel. Protective equipment shall meet the requirements of these rules within two years from their adoption by the Board of Occupational Safety and Health.

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- *F 6. Protective equipment shall be provided for at least two fire fighters and used when necessary to enter structural fires or when proximity hazards require such protection in the chief's opinion. No fire fighter shall enter a structural fire or other confined hazard without protective equipment. Protective equipment (for at least two fire fighters) shall consist of:
- (a) Body protection from moisture, flames, radiant heat, contact with caustic or toxic materials, or other harmful exposures.
 - (b) Head protection.
 - (c) Foot protection.
 - (d) Face and eye protection.
 - (e) Hand protection.
 - (f) Protective breathing apparatus.
 - (g) After the effective date of these rules, all fire fighter turnout coats and pants that are purchased shall meet the current NFPA 1971 standard.

Head Protection

- *F 7. A firefighter's helmet shall be of a light colored non-conductive material. Dark colored, non-conductive helmets may be used if reflective tape is applied to the exterior sides of the helmet. Helmets shall comply with ANSI, Z89.1-1969. The 5A New Yorker helmet shall be considered proper head protection. Any new helmet purchased after the effective date of these rules must meet ANSI-Z89.1-1969 standards.

Foot Protection

- F 8. Firefighter boots shall have the following:
- (a) A puncture resistant, slip resistant sole.
 - (b) A safety toe complying with ANSI standard Z41.1-1967.

Gloves or Mittens

- F 9. A firefighter shall be provided with heat insulating gloves or mittens which are not readily flammable.
- F10. Rubber or plastic coats, gloves, etc. are not acceptable for proximity hazards.

PROTECTIVE BREATHING APPARATUS

- F11. Self contained breathing apparatus shall be provided by the employer for at least two (2) firefighters per department or voluntary fire association. Breathing apparatus shall be used when entering and working in hazardous atmospheres.
- *F12. All respiratory apparatus purchased after the effective date of these rules shall be classified as pressure demand, self contained, and have a minimum of one-half hour normal service life, plus an additional one-half hour capacity in a spare cylinder. This unit shall meet MSHA/NIOSH/NFPA, TC-13F-44 or TC-13F-45 Standard.
- *F13. All existing breathing apparatus shall be classified as self contained and can remain in service provided F-14, 15, 16, and 17 are followed.

- *F14. All self contained breathing apparatus shall have a warning device which will operate when the air supply is down to 500 psi or 20% of the service life of the cylinder.
- F15. An inspection procedure for self contained breathing apparatus shall be adopted and shall include at least the following:
 - (a) Weekly inspection, and after each use, of all components, air supply, and warning devices.
 - (b) Air shall be circulated through the entire system.
 - (c) Face piece shall be cleaned and sanitized after each use.
 - (d) All inspections shall be recorded for each self contained breathing apparatus, showing date and findings.
- F16. Self contained breathing apparatus cylinders shall have a minimum air supply of 70% of the rated capacity of the cylinder to be considered in-service.
- F17. There shall be a program of maintenance and repair established to ensure self contained breathing apparatus retains its original effectiveness as recommended by the manufacturer.